

Kumquat Caipirinha

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



5 min.

SERVINGS



1

CALORIES



456 kcal

BEVERAGE

DRINK

Ingredients

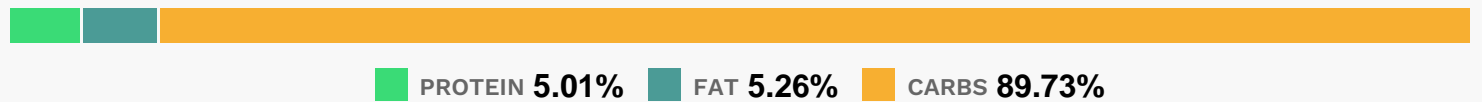
- 4 ounces cachaca
- 1 cup ice cubes
- 5 kumquats
- 1 ounce juice of lime freshly squeezed (from 1 medium lime)
- 4 coarsely sugar cubes

Equipment

Directions

- Combine the kumquats and sugar cubes in a cocktail shaker and muddle until the kumquats are broken up and the sugar is beginning to dissolve.
- Add the cachaça, lime juice, and ice and shake until the outside of the shaker is frosty, about 20 seconds.
- Pour everything into an Old Fashioned glass and serve.

Nutrition Facts



Properties

Glycemic Index:70.09, Glycemic Load:11.17, Inflammation Score:-7, Nutrition Score:6.7021739314432%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg, Hesperetin: 2.54mg Naringenin: 54.63mg, Naringenin: 54.63mg, Naringenin: 54.63mg, Naringenin: 54.63mg Apigenin: 20.78mg, Apigenin: 20.78mg, Apigenin: 20.78mg, Apigenin: 20.78mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 456.08kcal (22.8%), Fat: 0.89g (1.37%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 27.81g (10.11%), Sugar: 26.01g (28.9%), Cholesterol: 0mg (0%), Sodium: 22.06mg (0.96%), Alcohol: 44.23g (100%), Alcohol %: 11.45% (100%), Protein: 1.91g (3.81%), Vitamin C: 50.21mg (60.86%), Fiber: 6.29g (25.15%), Calcium: 70.13mg (7.01%), Copper: 0.14mg (6.84%), Manganese: 0.13mg (6.7%), Potassium: 210.19mg (6.01%), Magnesium: 23.63mg (5.91%), Vitamin A: 289.67IU (5.79%), Vitamin B2: 0.09mg (5.46%), Folate: 18.99µg (4.75%), Iron: 0.85mg (4.73%), Vitamin B1: 0.04mg (2.82%), Vitamin B5: 0.23mg (2.32%), Vitamin B6: 0.05mg (2.25%), Vitamin B3: 0.45mg (2.24%), Phosphorus: 22.02mg (2.2%), Zinc: 0.21mg (1.4%), Vitamin E: 0.2mg (1.37%)